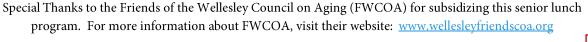


WELLESEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

January 2019

The Wellesley Council on Aging and the Friends of the Wellesley Council on Aging are thrilled to partner with Express Gourmet of Wellesley (Tuesdays, Thursday, Fridays) and Wellesley Bakery (Mondays and Wednesdays) for our popular senior lunch program. Guests are charged \$4.00 per meal and must sign-up no later than 9:30 a.m. the day prior. Note: Guests under 60 are charged the full price of \$9.00. Lunch is served at 12:00pm. If you're no longer able to attend or will be running late, please alert our office. If we do not hear from you or you do not check in by 12:15pm on the day of lunch, your meal will be given to someone on the waitlist. Please consult with COA Staff regarding any allergies or dietary restrictions at the time of registration. Menu selections are subject to change. Please call the Wellesley COA with any questions at 781-235-3961.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 1	January 2	January 3	January 4
	The COA is closed	Spinach and feta	American chop suey	Smoked brisket,
	and the bus will not	quiche and a ½ garden	and a chocolate	cole slaw, garlic
	run. Happy New	salad and chocolate	cupcake	bread and vanilla
	Year!	chip oatmeal cookie		pudding
January 7	January 8	January 9	January 10	January 11
1/2 Roasted chicken on	Turkey club panini	½ Turkey on	Pulled pork, Greek	Salmon over field
multigrain and chicken	and coffee ice cream	multigrain, chicken	pasta salad, garlic	green salad, and
vegetable soup and a		noodle soup and a	bread and cake	chocolate ice
blueberry muffin		chocolate chip oatmeal		cream
		cookie		
January 14	January 15	January 16	January 17	January 18
½ Chicken tarragon	Steak tips over	Chicken pot pie, ½	Salmon over rice	Turkey Delight
on multigrain, chicken	vegetables and a	garden salad and a	pilaf and veggies	Sandwich,
lemon rice soup and a	chocolate muffin	blueberry muffin	and a peanut butter	Potato chips and a
butterscotch oatmeal			cookie	chocolate chip cookie
cookie				
January 21	January 22	January 23	January 24	January 25
The COA is closed and	Chicken broccoli ziti	½ Roasted chicken on	Tomato, pesto, and	Chicken kabob over
the bus will not run.	and ice cream	multigrain, vegetarian	mozzarella panini,	rice and veggies
		white bean soup and a	bbq chips and	and vanilla ice
		chocolate chip cookie	chocolate pudding	cream
January 28	January 29	January 30	January 31	
½ Tuna on multigrain,	Turkey Delight	½ Turkey on	Salmon over field	
split pea soup and a	Sandwich, Potato	multigrain, small	green salad and	
butterscotch oatmeal	chips and a	chicken vegetable soup	chocolate ice cream	
cookie	chocolate chip	and a chocolate chip		
	cookie	cookie		





Free Friday Movies at the Wellesley Council on Aging January 2019

Movies start at 1:15 p.m.

January 4: A Wrinkle in Time (2018) 1 hr. 50mins. Movie ends at 3:05pm

Following the discovery of a new form of space travel as well as Meg's father's disappearance, she, her brother, and her friend must join three magical beings - Mrs. Whatsit, Mrs. Who, and Mrs. Which - to travel across the universe to rescue him from a terrible evil.

January 11: July 22 (2018) 2hrs. 23mins. Movie ends at 3:38pm

A dramatisation of Norway's deadliest terrorist attack, in which a right-wing extremist murders 77 teens at a youth camp in 2011.

January 18: Roma (2018) 2hrs. 15mins. Movie ends at 3:30pm

A story that chronicles a year in the life of a middle-class family in Mexico City in the early 1970s.

January 25: Newsies (1992) 2hrs. 1 min. Movie ends at 3:16pm

In this musical, homeless New York City newsboy Jack "Cowboy" Kelly (Christian Bale) befriends two newcomers to his trade, brothers David (David Moscow) and Les Jacobs (Luke Edwards). When publisher Joseph Pulitzer (Robert Duvall) sets new rules that make it harder for the young newspaper salesmen to make a buck, the boys go on strike. Bryan Denton (Bill Pullman), a journalist who's sympathetic to their plight, gives them some tips in public relations, as the newsboys' battle grips the city.